

## **MONTANA SCHOOL NUTRITION ASSOCIATION**

### **2010 Pre-conference Class Descriptions**

1. **8 hour HACCP – The School Hazard Analysis Critical Control Point (HACCP)/Food Safety Plan** - The workshop is designed for managers and school food service staff involved in developing their school's HACCP plan. It will review basic steps to developing a school HACCP plan to meet the USDA regulations and ensure proper food handling practices are followed throughout your food service program. Bring: 5-10 school recipes, 3-ring binder and a copy of your school's HACCP plan if you have one. **CLASS LIMIT: 30.** This workshop is sponsored by the MT Team Nutrition Program.
2. **8-hour ServSafe** – The standard ServSafe course all managers are required to have for their HACCP plans. A National Restaurant Association (NRA) course, this is good food safety training for anyone in the kitchen who handles food regularly. Needs to be renewed every 5 years.
3. **4-hour ServSafe** – The standard ServSafe course recommended for all people working in the kitchen. It is also a NRA course that needs to be renewed every 5 years. **AM**
4. **4-hour School Lunch 101** – Tips for dealing with the paperwork required to run a successful school meals program. Advice about how to set up your HACCP files, production records, inventory, commodities, and so much more. An absolute essential for new managers, this class can also refresh some of our older memories and make your next review a snap. **AM**
5. **4-hour Cooking from Scratch** – A hands-on cooking and baking class designed to help you with cooking problems and give you easier methods to get your meals prepared. Class to be held in a Helena school. **AM**
6. **4-hour Strong Women** – A Montana Extension Service class designed to help women strengthen their bodies to help them live more satisfying and productive lives. Wear loose fitting, comfortable clothing. **AM**
- 7/8. **4-hour CPR-AED Training** – First responder CPR and AED training. Basic and just a good thing for anyone who works around children to learn. **AM and PM**
9. **4-hour Small Steps to Health and Wealth** – A Montana Extension Service course designed to help you get healthy and on the road to wealth, because being unwell just plain costs too much. This is not a high pressure class, just common sense solutions to everyday problems. **PM**
10. **4-hour Fruits and Veggies/Healthy Snacks** – This class will teach you how to choose good produce. What's in season, where does it come from and how can I best use it in my program (snack or meals). It will also contain some healthy snack ideas. **PM**
11. **4 hour Cook Smart** – The **Cook Smart to Help Kids Eat Smart** workshop will provide training on food preparation techniques and menu planning tips to help you serve meals and snacks that meet the Dietary Guidelines for Americans and the USDA regulations. You will learn "cooking smart" tips to reduce fat, sugar, and sodium while increasing fiber, flavor and overall eye appeal. The target audience is food service managers, cooks, and cook's assistants. This training will include a lunch meal, time to share your ideas, recipes and helpful handouts. This class will be held at a Helena school kitchen. **Class Limit: 20** This class is sponsored by the MT Team Nutrition Program. **PM**
12. **How a Bill is Passed and Capitol Tour** – This is a class to teach you a little about legislation and how our wishes become programs. A very informative class and very timely as we are in a Lunch Program Reauthorization year. A tour of the Montana State Capitol is included. There is **no charge** for this course, as only CEUs are available, not formal education units. **PM**